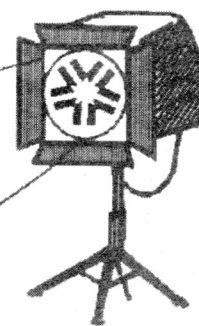


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXI, ISSUE 1

A newsletter for D.C. Seniors

January 2006

Celebrating Older Washingtonians and 30 years of the Office on Aging

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Happy New Year! We, the D.C. Office on Aging, the D.C. Commission on Aging and the D.C. Senior Service Network, are poised to advocate for and service seniors in the New Year.

Last year, more than 55,670 persons were touched by a service, activity, event or contact. For us, it is an honor and privilege to execute D.C. law 1-24, which established the D.C. Office on Aging and the D.C. Commission on Aging.

Our mission is to ensure that a full range of health, education, employment and social services are available for residents 60 years of age and older. We work in partnership with older citizens, the community, families, public and private agencies to enhance the quality of life of older Washingtonians.

The creation of the Office on Aging and its mission were inspired by the spirit of the Older Americans Act. This spirit is reflected with each reauthorization of the Act itself and the execution of the legally mandated White House Conference on Aging.

Held every 10 years, recommendations/resolutions from the White House Conference on Aging provide a framework for updating and strengthening federal policy, actions and budgetary considerations that directly impact programs and services for older Americans across the country.

The District of Columbia was represented at this year's conference by voting Delegate **E. Veronica Pace**, Alternate Delegate Commissioner **Mary Gardiner Jones, Ph.D.**, several appointed at-large delegates, observers Commissioner **Ruth Nadel** and **Jim O'Donnell**, OoA staffer **Courtney Williams**, and a cadre of dedicated volunteers co-chaired by **Gwendolyn Coleman** and **Lori Blackmon**.

The Top 10 resolutions voted by conference delegates for priority response are listed in this issue of "Spotlight." We await the final report from the Policy Council of the White House Conference on Aging.

We enter the New Year celebrating a top ten placement in the 2005 national *Ms. Senior America Pageant* of our own **Ms. Senior D.C., Sandra Bears**, and honoring an *Outstanding Older Worker*, **Gertrude Williams**.

As always, we are grateful for the contributions, wisdom and work of older citizens such as **Marjorie Boyd**, an earlier recipient of the Outstanding Older Worker Award, who transitioned on December 9, 2005.

Peace and Blessings to all!



Marjorie Boyd
Sunrise: January 4, 1923,
Sunset: December 9, 2005.

District of Columbia's Outstanding Older Worker



Gertrude Williams, the District of Columbia Outstanding Older Worker for 2005, has served as an escort for seniors and filed social benefit papers for them as an employee with Family and Child Services of Washington, D.C. She has worked with the agency for 31 years and she loves her job!

Seniors in Wards One and Two who are in need of an escort to the doctor or help in getting their social benefit paperwork filed, may find themselves being assisted by the District of Columbia "Outstanding Older Worker of the Year" — **Gertrude Williams**.

Outstanding older workers from various states were brought to Washington, D.C. recently for the Experience Works Prime Time Awards. They participated in various activities during their stay, including a trip to Capitol Hill.

"I met people from all over, they were so nice, we had a lot of fun," Williams said.

Williams has worked for 31 years at Family and Child Services of Washington, D.C., Inc. as a social worker assistant and supportive service aide.

She had left when the agency downsized in 1997. That same year her husband died. After a

short time she realized that she could not stay home, so she went back. "I had to do something, I had to get out of [the house]," she said.

Williams is glad to be back on board at Family & Child, and continues to be a valuable asset to her department. "If I could afford to volunteer, I would," she added.

After the ceremony and some media attention, families started asking for Williams by name and wanted to ensure that she could assist their loved ones.

"I really enjoy working with the seniors, otherwise I would not have been here that long," said Williams.

When asked how long she will continue working, the South Carolina native does not really have an answer. Williams will probably work as long as the need is there and her health allows her because, as she says, "I love my job."



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Office on Aging Report to the People – Part 1

Fiscal Year October 1, 2004 - September 30, 2005

Highlights of Accomplishments in Program and Service Delivery

- The Office on Aging did and continues to carry out its mission as defined in the District of Columbia Aging Act (D.C. Law 1-24). **Provided programs and services to 55,670 seniors.**

- Assured that a full range of services was available to the approximately 92,000 Washingtonians who are 60 years of age and older. The office performed advocacy, leadership, management, program responsibilities and fiscal tasks, and operated two on-site programs: The Information and Assistance Center and the Senior Employment and Training Program.

- 100% completion of programs with outcome measures. During Fiscal Year 2005, the agency's first year in Performance Based Budgeting, the agency's programs and providers were able to achieve 100% compliance.

- Oversaw the operation of a 262-bed nursing facility, a food service contract, and funded, coordinated and monitored the provision of services to our seniors through a Senior Service Network comprised of 22-government and community-based nonprofit organizations that provide direct services to the District's seniors throughout the eight wards of the District. The Network includes two group homes, a community residential facility, six lead agencies covering all eight wards of the District, 13 multi-purpose senior centers, 3 senior wellness centers, 54 nutrition centers including a weekend nutrition program, assessment and case management sites, geriatric day care programs, literacy sites, the long-term care ombudsman program, a program for homemaker services, home-delivered meals, a shelter for the abused and exploited seniors, a senior center for the homeless elderly, a senior center for Hispanic seniors, a senior center for Asian seniors, a senior center for the visually handicapped, a senior center for the hearing impaired, and a transportation system.

- Partnered with the Alzheimer's Association, AARP, the University of the District of Columbia's Institute of Gerontology, George Washington, Georgetown and Howard Universities, the D.C. Department of Parks and Recreation, the D.C. Department of Employment Services and the D.C. Department of Metropolitan Police.

- Launched a "You Can!" Campaign at the Senior Wellness Centers and two Senior Centers to get older people eating and moving more.

- Co-sponsored the Alzheimer's Disease Project-The Office on Aging, in partnership with the Alzheimer's Association and Home Care Partners and received a three year Alzheimer's

Disease Demonstration Grant Award from the Administration on Aging.

- Funded the Legal Counsel for the Elderly (LCE) which also serves as the Ombudsman for seniors in nursing homes and other assisted living facilities. The LCE staff is constantly monitoring supportive residential facilities and resolving those complaints that are proven to be of merit.

- Partnered with the D.C. Metropolitan Police Department to institute the Senior Citizens Police Academy.

- **Provided nearly 1 million nutritious mid-day meals to more than 8,000 elderly Washingtonians in group settings and to the homebound.** We continue to be proud of our accomplishment of delivering nutritious mid-day meals to District seniors. We know that for many seniors in both group and home settings, this meal may sometimes be the only meal of the day, and that the time they spend in group settings may be the only interaction they have with other seniors.

- **8,192 District seniors received 162,964 hours of psycho-social counseling.**

- **4,793 District seniors participated in health promotion, self-care and wellness activities.**

- **3,675 seniors participated in socialization activities.** Improved access to consumer information and assistance for District seniors in the areas of employment, education, and health and social services within Office on Aging as measured by customer surveys, job placements, number of people or percent of population served, and number of wellness centers.

- **4,391 seniors received 13,424 hours of legal services.** The Office on Aging funds Legal Counsel for the Elderly (LCE) to provide legal assistance to seniors who cannot afford to pay private attorney's fees. LCE was able to exceed the goal of responding to 70 percent of elder rights assistance calls within two days by responding to nearly 93 percent within the allotted time span.

- **3,300 hours of advocacy were performed on behalf of seniors in long-term care facilities.**

- **2,595 District seniors received 29,618 hours of professional case management and assessment services.**

- **1,967 District seniors took 80,810 one-way trips to medical and other life-supporting appointments and services.**

- **1,758 District seniors received practical lessons in nutrition education.**

- **1,775 seniors participated in the BODYWISE Exercise Program.** The BODYWISE Program is a city-wide health and fitness program, co-sponsored and funded by the University of the District of Columbia's Institute of Gerontology and the Office on Aging.

- **1,391 contacts were made in person, by telephone and through educational sessions to provide health insurance counseling.**

- **908 District caregivers were provided with respite and other services to ease their caregiving burdens through the D.C. Caregivers' Institute.** The D.C. Caregivers' Institute provides a one-stop centralized resource to help decrease the burden experienced by informal, unpaid family and friend caregivers to support them in their efforts to continue providing care to elderly relatives or friends.

- **663 District seniors were provided individual expert nutrition counseling.**

- **Placed over 636 District seniors in subsidized employment and training through the Senior Works, the Older Workers Employment and Training Program, the McMaster's Program and the Senior Service Network.** The Office on Aging is proud of this achievement, especially when the number of jobs are declining. The percentage of people who seek employment that are placed in jobs is perhaps a more meaningful measure than the number that are placed annually because many seniors are having to be retrained to be viable in today's employment market.

- **534 seniors received 100,228 hours of homemaker and Alzheimer's care services.**

- **270 seniors used Call 'N' Ride Taxicab Vouchers.**

- **Served 322 residents at the Washington Center for Aging Services (WCAS), the Office on Aging Nursing Facility.** The Office on Aging operates several group homes on the WCAS Campus and an emergency shelter for the homeless elderly.

- **361 seniors received services from the Spanish Senior Center, EOFULA.**

- **209 seniors received services through the Asian/Chinese Cultural Center.**

See **REPORT TO THE PEOPLE** on page 47

D.C. OFFICE ON AGING NEWSLETTER

District Senior Makes Top 10

Ms. Senior D.C. competed in Senior America Pageant in Las Vegas



Sandra Bears, Ms. Senior District of Columbia, wowed the audience with her version of "At Last," which made her the favorite of a lot of people in the audience. Her fellow contestants called her "The Voice."

Sandra Bears, Ms. Senior District of Columbia, was one of 10 women chosen to compete in the finals at the Ms. Senior America Pageant held in Las Vegas, Nevada.

After two preliminaries and the announcement of the finalists, she was the favorite of many in the audience who enjoyed her rendition of "At Last." Bears competed with 28 other representatives from across the nation, including the U.S Virgin Islands.

"I hope I didn't embarrass the District," said Bears humbly. "A lot of the contestants and people I don't even know have come up to me and say that they think that I am going to win - I just hope so."

Ms. Senior DC competed in the finals with representatives from New York, Tennessee, Florida, Oregon, Washington, Idaho, Nevada, Rhode Is-



The top 10 finalists at the Ms. Senior America pageant were, from left to right, from New York, California, D.C., Florida, Oregon, Idaho and Tennessee. Winners from Rhode Island, Washington and Nevada are not pictured.

land and California. Bears is the first District contestant to make the finals. Each contestant was judged on a personal interview with the judges, their philosophy of life, talent and evening gown presentations.

Helen McCarney from New York was crowned Ms. Senior America. A vocalist who added comedic touches to her singing, McCarney sang a medley beginning with "New York, New York" and ending with "Somewhere over the Rainbow." In addition, she ended her philosophy of life with her own style of rap, where she imitated her grandchildren with a pink baseball cap turned backwards.

Women 60 years of age and older compete in the annual pageant that was started to identify and showcase role models who may have forgotten their value after they have raised their families. The first national pageant was held in Atlantic City, New Jersey in 1980.

Women who compete in the national pageant must be selected by their state. The Ms. Senior D.C. Pageant is held annually to select the repre-

sentative. If you know an elegant woman 60 years of age or older who should compete in the pageant, make sure they are entered by calling 202-289-1510, ext. 170 or 171.



Sandra Bears holds her award at the pageant.

The White House Conference on Aging

On Sunday, December 11, 1,200 delegates to the White House Conference on Aging began pouring in from around the country, including at least 170 delegates from the aging network, to attend the opening sessions and prepare to vote on the conference resolutions.

Delegates began voting on final resolutions Sunday and continued voting through Monday, choosing the top 50 out of 73 draft resolutions. The 73 proposed resolutions were developed and based on public input at nearly 400 events around the country involving more than 13,000 attendees. The resolutions reflect the emerging issues, interests and concerns obtained through the public input process.

Once the 50 final resolutions were voted on and approved Monday evening, the energy of the conference was redirected from selection to implementation of the resolutions. Conference delegates attended sessions on Tuesday to develop implementation strategies for the chosen resolutions.

The top 10 resolutions selected by the delegates are as follows:

1. Reauthorize the Older Americans Act within

the first six months following the 2005 White House Conference on Aging

2. Develop a coordinated, comprehensive Long-Term Care Strategy by supporting public and private sector initiatives that address financing, choice, quality, service delivery and the paid and unpaid workforce.

3. Ensure that Older Americans have transportation options to retain their mobility and independence.

4. Strengthen and improve the Medicaid Program for seniors.

5. Strengthen and improve the Medicare Program.

6. Support geriatric education and training for all healthcare professionals, paraprofessionals, health profession students and direct care workers.

7. Promote innovative models on non-institutional long-term care.

8. Improve recognition, assessment and treatment of mental illness and depression among older Americans.

9. Attain adequate numbers of healthcare personnel in all professions who are skilled, culturally competent and specialized in geriatrics.

10. Improve state and local based integrated delivery systems to meet 21st century needs of seniors.

SPOTLIGHT ON AGING

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441 4th St., N.W., 9th Floor, Washington, D.C. 20001
202-724-5622 • www.dcoa.dc.gov

E. Veronica Pace, **Executive Director**

Darlene Nowlin, **Editor**

Adrian Reed, **Photographer**

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

January events

10th • 2:30 to 3:30 p.m.

Join IONA's discussion on "Managing Diabetes" with nutritionist Dr. Linda Smith. More and more adults face the risk of diabetes, or have been diagnosed with pre-diabetes. She will advise on how best to manage a diabetic diet. IONA is located at 4125 Albemarle St., N.W. For additional information or to register, call 202-966-1055.

12th • 11 a.m.

Attend a seminar titled "Eat Smart - Move More." It is being run by the Greater Washington Urban League, Division of Aging & Health Services. The seminar will meet at Knox Hill Senior Nutrition Center, 2700 Jasper St., S.E. For more information, contact Vivian Grayton at 202-529-8701.

20th • 11 a.m.

Come to a seminar on "Eye and Glaucoma Resources for Seniors." It is sponsored by the Greater Washington Urban League, Division of Aging & Health Services. It will meet at the Knox Hill Senior Nutrition Center, 2700 Jasper St., S.E. For more information, contact Vivian Grayton at 202-529-8701.

22nd • 12:30 p.m.

The United Planning Organization will host a ses-

sion focusing on physical and occupational therapy services in the Washington metropolitan area. It will also highlight occupational therapy devices for seniors. The session will convene at 1649 Good Hope Road, S.E. For more information, contact Evelyn Minor at 202-373-1860.

24th • 2:30 to 3:30 p.m.

Did you make a New Year's Resolution to drop a few pounds? Then join IONA for a healthy look into weight loss. Nutritionist Dr. Linda Smith will help you explore easy guides for portion control, dining out and other important tips to shed that weight. IONA is located at 4125 Albemarle St., N.W. For additional information or to register, call 202-966-1055.

25th • 6 to 7 p.m.

Attend the first session of a two-part workshop at IONA titled "Keeping Seniors Engaged at Home: Activity Ideas for Caregivers." The workshop will help family members and caregivers find meaningful activities and programs to do at home with their loved ones. Ruth Fishman, assistant director of Adult Day Programs at IONA, will lead the session. It will emphasize care for people with Alzheimer's disease or related dementias. The second part of the workshop will be held April 5. IONA is located at 4125 Albemarle St., N.W. For additional information or to register, call 202-966-1055.

28th • 10 to 11:30 a.m.

Come to a workshop at IONA on "Meeting Resistance: Helping A Senior Who Does Not Want Your Help." The workshop will discuss how to determine the type of help a senior needs, effective techniques for communicating, strategies for involving professionals, and ways to avoid caregiver burnout. IONA is located at 4125 Albemarle St., N.W. For additional information or to register, call 202-966-1055.

28th • 12:30 p.m.

Attend a healthy skin care demonstration with Niccola Reed of the United Planning Organization. The demonstration will convene at 1649 Good Hope Road, S.E. For more information, contact Evelyn Minor at 202-373-1860.

Early February event

2nd • 1 to 2:30 p.m.

Come to an IONA-sponsored event featuring Michael Knipmeyer of the Health Insurance Counseling Project at George Washington University. He will explain how the new Medicare prescription drug program works and will answer questions about costs, benefits and plan choices. IONA is located at 4125 Albemarle St., N.W. For additional information or to register, call 202-966-1055.

REPORT TO THE PEOPLE

Continued from page 45

• 195 seniors received 83,956 hours of geriatric adult day care services.

• Supported Congresswoman Eleanor Holmes Norton's Annual Senior Legislative Day, which more than 300 seniors attended.

• 192 persons received services from the Oasis Senior Center for the homeless elderly.

• 45 seniors received 719 hours of heavy housecleaning.

• 60 seniors received services through the Extended Services to the Blind and Visually Impaired Program.

• Served 7 grandparents/caregivers and 7 children in FY 2005. Funded jointly, with the D.C. Department of Parks and Recreation, a United

Generations Camp for grandparents who are primary caregivers of children aged 8 to 18 years. The camp provides one week of respite for the grandparents. If unable to find someplace for their children to stay, grandparents are able to bring their grandchildren, but the grandchildren are separated from their grandparents and have separate activities.

• Produced and edited 12 issues of "Spotlight on Aging," a featured newsletter in the Senior Beacon newspaper for seniors, which has a readership of over 200,000 in the Metropolitan area. Circulation includes banks, stores, senior centers, hospitals and other venues.

• The cornerstones of the D.C. Office on Aging's future programs are the Wellness Centers. Yet unless we can document successes, there is no need to continue to build them. Therefore, we are happy to report that 61% of wellness center

participants increased their awareness of and adopted healthy behaviors as indicated by improvements in their overall fitness levels because of their attendance at one of the District's three Senior Wellness Centers.

• Honored older Americans with several events such as a caregivers fair, and the Annual Senior Day Celebration at the D.C. Armory during May, which is nationally recognized as Older Americans Month.

• Sponsored the Ms. Senior D.C. Pageant. The winner of the pageant, Barbara Newman, represented the District in the Ms. Senior America Pageant held in Las Vegas, Nevada.

• Staffed and supported the D.C. Commission on Aging and all its activities, which included the Annual Commission on Aging Calvin W. Rolark Intergenerational Poster Contest. ■

EMPLOYERS WANTED!

Employers are needed to hire District residents 55 and older to fulfill their full time and part time employment needs. Employers gain mature dependable, safety-conscious and hard working employees for a wide range of positions.

The D.C. Office on Aging Older Workers Employment and Training Program (OWETP) provides employment and training opportunities for District of Columbia residents 55 years of age and older. The program can match your labor needs with qualified job seekers. This service is provided free of charge.

For more information contact:

D.C. Office on Aging, Older Worker Employment and Training Program
441 Fourth Street, NW, Suite 950, Washington, D.C. 20001 • 202-724-3662

